
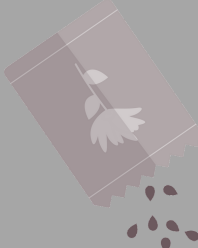





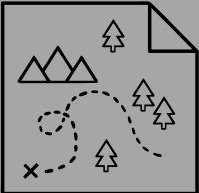

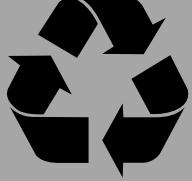






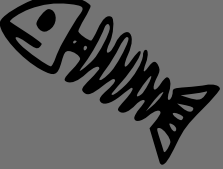
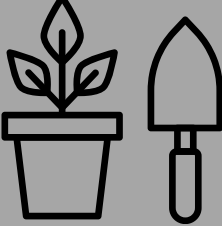




# 2022 with love

Muddy Church

 <p>Write a note</p>	<p>Act of Kindness</p> 	 <p>Smile at 5 people</p>	 <p>Litter picking</p>	<p>bake a treat</p> 
<p>Meet a friend</p> 	<p>Hide messages around the area</p>	 <p>Make a treat holder</p>	<p>Window message</p> 	 <p>Phone someone</p>
 <p>Send your neighbours a message</p> 	 <p>Volunteer to help someone</p>	<p>Treat yourself</p> 	<p>Write a thank you note</p> 	 <p>Share encouraging messages</p>
 <p>Create something</p> 	 <p>sit outside with a warm drink</p>	 <p>Paint a picture and leave it in the rain</p>	<p>Prayer walk around your street</p> 	 <p>What can you think of???</p>

# 2022 with love

 <p>bring a cup</p>	 <p>Seedbombs</p>	 <p>Chalk messages</p>	 <p>Natural decoration</p>	 <p>heart trail</p>
<p>Share Fruit Kebabs</p> 	<p>Create a bird feeder</p> 	 <p>create a trail</p>	<p>Weave a Heart</p> 	 <p>Recycle toys</p>
 <p>Sit and be still</p>	 <p>Find a stick</p>	<p>make a mobile</p> 	 <p>chart the weather</p>	<p>Turn off the lights</p> 
<p>watch the stars</p> 	 <p>compost</p>	<p>Plant some seeds</p> 	<p>Prayer walk around your street</p> 	 <p>What can you think of???</p>